Friday June 14<sup>th</sup> 2024 – Freestyle. Leverage/Power, Mixed intensity.

	LEVEL 1	LEVEL 2	LEVEL 3 & Dist.
Warm	Alternate between;	Alternate between;	Alternate between;
up.	100 FS Pull Buoy/bi-lateral breathing.	100 FS Pull Buoy/no kick.	100 FS Pull Buoy/no kick.
AB	100 FS kick with board.	100 FS kick with board.	100 FS kick with board.
υ <del>σ</del>	100 BK.	100 BK or BS.	100 BK or BS.
	(hopefully 300m)	(hopefully 350m)	(hopefully 350m)
Drills.	1) FS with paddles. 4 x 25m. RI 20s.	1) FS with paddles. 4 x 25m. RI 20s.	1) FS with paddles. 4 x 25m. RI 20s.
	C/S or Bi-lat breathing. Observe hands	C/S or Bi-lat breathing. Observe hands	C/S or Bi-lat breathing. Observe hands
AM.	u/water. Focus on 'catch & push'. Hands	u/water. Focus on 'catch & push'. Hands	u/water. Focus on 'catch & push'. Hands
<b>О</b>	centre of bodyline. No short strokes.	centre of bodyline. No short strokes.	centre of bodyline. No short strokes.
	2) 4 x 25m kick. RI 20s. BIG push off wall	2) 4 x 25m kick. RI 20s. BIG push off wall	2) 4 x 25m kick. RI 20s. BIG push off wall
	with both feet, 4 STRONG Dolphin kicks	with both feet, 4 STRONG Dolphin kicks	with both feet, 4 STRONG Dolphin kicks
	then FS kick to end.	then FS kick to end.	then FS kick to end.
	(200)	(200)	(200)
Main set.	1) 1 x 100m. FS finger paddles. RI 20s.	1) 2 x 100m. FS finger paddles. RI 20s.	1) 2 x 100m. FS finger paddles. RI 20s.
	Build speed Easy to Hard through 100m.	Build speed Easy to Hard through 100m.	Build speed Easy to Hard through 100m.
	2) 50m OC (not FS). Recovery.	2) 50m OC (not FS). Recovery.	2) 100m OC (not FS). Recovery.
(Alace)	3) Climb the Mountain FS. RI 20s.	3) Climb the Mountain FS. RI 20s.	3) Climb the Mountain FS. RI 20s.
	50/100/150/200 at your SPL pace.	50/100/150/200 at your SPL pace.	100/200/300 at your SPL pace.
	4) 50m. OC (not FS). Recovery	4) 50m. OC (not FS). Recovery	4) 100m. OC (not FS). Recovery
	5) 4 x 25m. FS kickboard. RI 30s. Med.	5) 4 x 50m. FS or BK kick RI 30s. Med.	5) 4 x 50m. BK dolphin kick. RI 30s. Med.
	6) 4 x 25m. FS Hard. RI 45s. Note that big	6) 4 x 25m. FS Hard. RI 45s. Note that big	Note: FINS
	rest so make them HARD.	rest so make them HARD.	6) 6 x 25m. FS Hard. RI 45s. Note that big
	(900)	(1100)	rest so make them HARD.
			(1350)
Cool	OC - BK, walk, slow BR. Your choice.	OC - BK, walk, slow BR. Your choice.	OC - BK, walk, slow BR. Your choice.
Down.	(100)	(100)	(100)
Total	1500	1750	2000

	LEVEL 1
Warm up.	Alternate between;
WID	100 FS Pull Buoy/bi-lateral breathing.
<b>∪</b> <i>0</i>	100 FS kick with board.
	100 BK.
	(hopefully 300m)
Drills.	1) FS with paddles. 4 x 25m. RI 20s.
	C/S or Bi-lat breathing. Observe hands
WID	u/water. Focus on 'catch & push'. Hands
<b>∪</b> <i>0</i>	centre of bodyline. No short strokes.
	2) 4 x 25m kick. RI 20s. BIG push off wall with
	both feet, 4 STRONG Dolphin kicks then FS
	kick to end.
	(200)
Main set	1) 1 x 100m. FS finger paddles. RI 20s. Build
	speed Easy to Hard through 100m.
	2) 50m OC (not FS). Recovery.
W.	3) Climb the Mountain FS. RI 20s.
(SB)	50/100/150/200 at your SPL pace.
	4) 50m. OC (not FS). Recovery
	5) 4 x 25m. FS kickboard. RI 30s. Med.
	6) 4 x 25m. FS Hard. RI 45s. Note that big rest
	so make them HARD.
	(900)
Cool	OC - BK, walk, slow BR. Your choice.
Down.	(100)
Total	1500

	LEVEL 2	
Warm up.	Alternate between;	
WID	100 FS Pull Buoy/no kick.	
9	100 FS kick with board.	
	100 BK or BS.	
	(hopefully 350m)	
Drills.	1) FS with paddles. 4 x 25m. RI 20s.	
	C/S or Bi-lat breathing. Observe hands	
W D	u/water. Focus on 'catch & push'. Hands	
9	centre of bodyline. No short strokes.	
	2) 4 x 25m kick. RI 20s. BIG push off wall with	
	both feet, 4 STRONG Dolphin kicks then FS	
	kick to end.	
	(200)	
Main set	1) 2 x 100m. FS finger paddles. RI 20s. Build	
THE STATE OF THE S	speed Easy to Hard through 100m.	
(SH)	2) 50m OC (not FS). Recovery.	
	3) Climb the Mountain FS. RI 20s.	
	50/100/150/200 at your SPL pace.	
	4) 50m. OC (not FS). Recovery	
	5) 4 x 50m. Alt FS & BK kick RI 30s. Med.	
	6) 4 x 25m. FS Hard. RI 45s. Note that big rest	
	so make them HARD.	
	(1100)	
Cool	OC - BK, walk, slow BR. Your choice.	
Down.	(100)	
Total	1750	

	LEVEL 3 & Dist.	
Warm up.	Alternate between;	
WID	100 FS Pull Buoy/no kick.	
00	100 FS kick with board.	
	100 BK or BS.	
	(hopefully 350m)	
Drills.	1) FS with paddles. 4 x 25m. RI 20s.	
	C/S or Bi-lat breathing. Observe hands	
WID	u/water. Focus on 'catch & push'. Hands	
9	centre of bodyline. No short strokes.	
	2) 4 x 25m kick. RI 20s. BIG push off wall with	
	both feet, 4 STRONG Dolphin kicks then FS	
	kick to end.	
	(200)	
Main set	1) 2 x 100m. FS finger paddles. RI 20s. Build	
	speed Easy to Hard through 100m.	
W.	2) 100m OC (not FS). Recovery.	
(SH)	3) Climb the Mountain FS. RI 20s.	
Note # 5	100/200/300 at your SPL pace.	
	4) 100m. OC (not FS). Recovery	
	5) 4 x 50m. Dolphin on back kick. RI 30s.	
	Med. NOTE: Use fins for Dolphin in #5.	
	6) 6 x 25m. FS Hard. RI 45s. Note that big rest	
	so make them HARD.	
	(1350)	
Cool	OC - BK, walk, slow BR. Your choice.	
Down.	(100)	
Total	2000	

	LEVEL 3 & Dist.	
Warm up.	Alternate between;	
WID	100 FS Pull Buoy/no kick.	
<b>∪</b> <i>O</i>	100 FS kick with board.	
	100 BK or BS.	
	(hopefully 350m)	
Drills.	1) FS with paddles. 4 x 25m. RI 20s.	
	C/S or Bi-lat breathing. Observe hands	
WID	u/water. Focus on 'catch & push'. Hands	
<b>∪</b> <i>0</i>	centre of bodyline. No short strokes.	
	2) 4 x 25m kick. RI 20s. BIG push off wall with	
	both feet, 4 STRONG Dolphin kicks then FS	
	kick to end.	
	(200)	
Main set	1) 2 x 100m. FS finger paddles. RI 20s. Build	
	speed Easy to Hard through 100m.	
War	2) 100m OC (not FS). Recovery.	
(S)	3) Climb the Mountain FS. RI 20s.	
Note # 5	100/200/300 at your SPL pace.	
	4) 100m. OC (not FS). Recovery	
	5) 4 x 50m. Dolphin on back kick. RI 30s.	
	Med. NOTE: Use fins for Dolphin in #5.	
	6) 6 x 25m. FS Hard. RI 45s. Note that big rest	
	so make them HARD.	
	(1350)	
Cool	OC - BK, walk, slow BR. Your choice.	
Down.	(100)	
Total	2000	